

PRAYERS BEFORE RETIRING

[These prayers before retiring are taken from *Let Us Pray to the Lord, Vol. 1* published with the ecclesiastical approbation of Metropolitan Judson Procyk by Eastern Christian Publications, 1997. They follow the general arrangement according to the Časoslov, Rome, 1962 with small adjustments for laity.]

Before retiring, express your gratitude to God for the blessings he has given you today. Remember before God your loved ones, parents, wife or husband, children and friends, as well as those who serve God's holy Church, your spiritual father, those who do charitable work, and this nation, its government and people, and then say:

Finally, Lord, be mindful of all mankind: the young and the old, the poor and those with the responsibility of wealth, the oppressed and those who have the responsibility of freedom, the weak and the sick, the orphaned, and those weighed down by grief; have mercy on us all, and give us the grace necessary to live a life pleasing to You, that we may ever praise your name.

Recall to mind your sins and offenses which you have committed today, and ask for forgiveness, saying:

O God, remit, pardon, and forgive my sins committed deliberately or through human frailty, in word and by deed, knowingly and in ignorance, with foreknowledge and purpose, by day and by night. Forgive all these, for You are good, and You love humanity.

When about to lie down in bed, say:

[Ps. 12: 4, 5] Give light to my eyes, O Christ God, lest I fall asleep in death, lest my enemies say: "I have prevailed."

Glory to the Father, and to the Son, and to the Holy Spirit:

O God, be the defender of my soul, for I walk through the midst of many enemies. Deliver me from them, and save me, O Blessed One, for You love mankind.

Now and ever, and forever. Amen.

Let us with our hearts and lips unceasingly extol the most glorious Mother of God, holier than the holy angels, and proclaim that she is truly the Theotokos for she has truly given birth to God in the flesh and never ceases to intercede for our souls.

Then kiss your cross, and make the sign of the cross with your cross from the head to the foot of your bed, and likewise from side to side, saying the Prayer of the Precious Cross:

Encircle me, Lord, with your precious and life-giving cross and protect me from all evil.

Into your hands, Lord Jesus, I commend myself. Bless me, have mercy on me, and grant me eternal life. Amen.

Then, make the sign of the Cross on yourself, and with prayer go to sleep, thinking of the Day of Judgment and of how you shall have to stand before God.